



Rapids Family Health Team presents
**BOOSTING BALANCE &
BONE HEALTH PROGRAM**

**Tuesdays starting February 26th
(5 week program)**

First Time Participants ONLY

Time: 9:30 – 11:30 AM

This 5 week program, run by a registered occupational therapist is designed to gradually improve balance and strength to avoid falls and maintain independence as well as educate individuals on keeping bones healthy.

- ◆ One hour is designated for group exercise, and one hour is designated for education on bone health.
- ◆ Education sessions include overview of bone health, dietary and medication practices to maintain strong bones, and home safety tips.
- ◆ Individuals who are able to safely participate in a supervised exercise program are invited to register.



Rapids

Family Health Team

**KEEP BONES
HEALTHY**

**MAINTAIN
HEALTHY LIVING**

**IMPROVE
BALANCE**

**LOCATION:
The
Cruickshank
Centre at
Thompson
Gardens
Gym
Lower Level
Corunna**

**CALL TO
REGISTER:**

519-339-8949

***SPOTS ARE LIMITED**